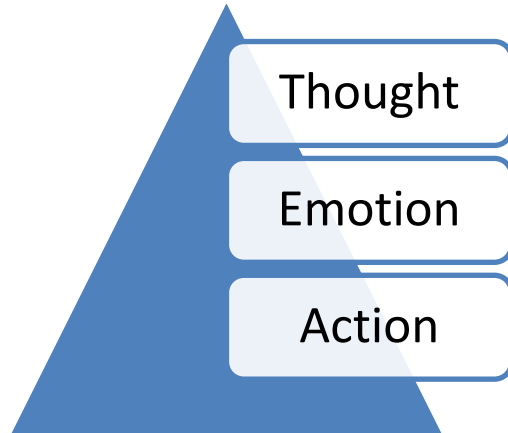


ACTION PLAN

Thought – an idea or opinion produced by thinking or occurring suddenly in the mind.

Emotion - a natural instinctive state of mind deriving from one's circumstances, mood, or relationships with others.

Action - the fact or process of doing something, typically to achieve an aim.



If you could have one thing in the world, what would it be? Why? _____

Example 1...

Thought:

Emotion:

Action:

Example 2...

Thought:

Emotion:

Action:

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